

Atlantic Crossroads

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Lajes Weather

Saturday

*Mostly cloudy
and showers*

High 63

Low 55



Sunday

*Mostly cloudy
and showers*

High 63

Low 59



*Courtesy of the 65th OSS
weather flight*

*The Air Force Assistance
Fund campaign runs
Monday - April 9.*



Children's Dental Health Month



Learning young

Three-year olds Miles Harris (front) and Gavin Powers (back), brush their teeth Wednesday at the child development center. Children at the CDC begin brushing their teeth when they are 18-months old. February is National Children's Dental Health Month. The providers at the CDC have incorporated dental care in their lesson plans for the month. Members of the 65th Medical Group dental clinic hosted a tour from Sure Start this month and will visit the elementary school to talk about the importance of brushing. See more on page 9. (Photo by Staff Sgt. Christin Michaud)



African-American Heritage

Remembering General James and others

By Jerry Stringer
Air Force News Agency

SAN ANTONIO (AFPN) — There was a hush over the audience. The Air Force men and women had assembled to hear a general officer speak — one with Korean War and Vietnam War combat missions. A granite figure of a man with what appeared to be a galaxy of stars on his shoulders walked to the front of the assembled group.

He was Daniel “Chappie” James. Anybody who served in the Air Force in the 1960s knew about General James from the air war in Vietnam. He had an aura about him that set him apart from others. And when he spoke, you could hear half a pin drop. For a young captain, it was an opportune time to be assigned to the Pentagon.

The general talked of patriotism and Americanism. You could feel the emotional vibes building inside. And when he finished, we gave him a standing ovation. We walked out standing taller and even more ready to defend our country.

General James certainly left a legacy as a true American and an Air Force leader. It’s appropriate to remember him during African-American History Month.

Other African-Americans have made their contributions to the defense of our

country in all branches of the armed forces. And they join still others who have made their contributions to our society in scientific fields, in the diplomatic corps, in human rights advances — the list goes on.

In fact, you can put African-American history into two words — American history.

Now, how good is your knowledge of African-American heritage? Try your hand at answering these questions.

1. Among the first American military members decorated for bravery in World War II was which African-American mess steward?

2. In World War II, which infantry regiment first broke through the German lines to reach the Rhine?

3. On the U.S. western frontier during the late 1800s, what were the African-American cavalry members called?

4. What order integrated the armed forces and when?

5. Who was the Air Force’s first African-American general?

6. Who was “Blackman” of the legendary Vietnam flying team, “Blackman and Robin?”

7. Which African-American officer won two gold medals in the 1984 Olympics?

8. Who is the only African-American to serve as chief

master sergeant of the Air Force?

9. Who was the first African-American astronaut to fly in space?

10. Who was the first African-American selected to join the U.S. Air Force Aerial Demonstration Squadron?

Answers:

1. Dorie Miller. With no formal gunnery training, he managed to down four enemy planes attacking Pearl Harbor on Dec. 7, 1941, and was awarded the Navy Cross.

2. The all-African-American 369th.

3. They were nicknamed “buffalo soldiers,” with many awarded Medals of Honor.

4. Executive Order 9981, July 26, 1948, signed by President Harry S. Truman.

5. Benjamin O. Davis Jr. His father, Benjamin O. Davis Sr., was the first African-American regular general officer in the Army.

6. “Blackman” was Gen. Daniel “Chappie” James,

then a colonel, and “Robin” was then-Col. Robin Olds of the 8th Tactical Fighter Wing at Ubon Royal Thai Air Force Base, Thailand.

7. Second Lt. Alonzo Babers, an Air Force Academy graduate.

8. Thomas N. Barnes served in the position from 1973 to 1977.

9. Guion “Guy” S. Bluford, Jr., who was a part of the STS-8 space shuttle Challenger mission launched on Aug. 30, 1983.

10. Gen. Lloyd W. “Fig” Newton, who later in his career served as commander of the Air Education and Training Command.

Rating scale: 10 correct, Ph.D. granted; 8-9, master’s degree; 6-7, bachelor’s degree; 4-5, high school diploma; 1-3, no degree — hit the history manuals again; 0, sleep at night using a history manual as a pillow and hope for osmosis.

Commander’s Line

Call 2-4240 or
e-mail actionline@lajes.af.mil.

The Commander’s Line is your direct link to me for suggestions, kudos and as a way to work problems or issues within the 65th Air Base Wing for which you can’t find another solution.

Your chain of command should always be your first option for praise or problems -- but when that’s not the answer, call or e-mail the CC Line.

Col. Robert Winston
65th Air Base Wing commander

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Tradewinds Dining Facility extends hours on trial basis

By Staff Sgt. Christin Michaud
65th ABW Public Affairs

Beginning Monday, the Tradewinds Dining Facility will extend its dinner hours on a trial basis.

The hours will change from 4 to 7 p.m. to 4 to 8 p.m., allowing patrons an extra hour in the evening.

The trial basis will run through March 12, according to Master Sgt. Deborah Corder, 65th Services Squadron food service manager.

"We are determining the best hours to support our customers for the dinner meal," she explained.

As a reminder, all enlisted personnel can dine in the dining facility at any time. Authorized local national employees may also eat at the dining facility. Com-

manders may use the dining facility for any meal to periodically determine the quality and quantity of food served to the enlisted force. Officers, Department of Defense civilians, U.S. military retirees, and their dependents can eat breakfast on weekdays and special scheduled events such as holiday meals. Dependents of active duty E-1 through E-6 may also use the dining facility for breakfast on weekdays and brunch on Sundays.

The dining facility hours are 6 to 9 a.m. for breakfast, 1 p.m. to 1:30 p.m. for lunch, 4 to 8 p.m. for dinner on a trial basis and 11 p.m. to 1 a.m. during weekdays. On weekends, holidays and down days, the dining facility will be open for brunch from 7 a.m. to 1 p.m., dinner from 4 to 7 p.m. and midnight meal from 11 p.m. to 1 a.m. For details, call 535-2255.

Good Conduct Medal elimination explained

By Master Sgt. Mitch Gettle
Air Force Print News

WASHINGTON (AFPN) — The Air Force Uniform Board announced Feb. 6 that the Good Conduct Medal will no longer be awarded.

The Air Force director of Airman development and sustainment recently explained the reasons behind this decision.

"The quality of our enlisted personnel today is so high, we expect good conduct from our Airmen," said Brig. Gen. Robert Allardice. "It begged the question, 'Why do we have a Good Conduct Medal?'"

"Having a medal for good conduct is almost to say we don't expect Airmen to do well, but if they're good we will give them a medal," he said. "It's kind of insulting in our Air Force today."

One must look at the history of why the medal was created in the 1960s. The military was using the draft and involved in the Vietnam War. The Air Force didn't have any other method to recognize Airmen. Today, the Air Force Achievement Medal recognizes outstanding Airman-ship.

"When we looked at that history it was clear that the Good Conduct Medal has

outlived its usefulness," said Chief Master Sgt. of the Air Force Gerald R. Murray. "Today's all-volunteer force is committed to serving honorably, and good conduct is what we expect from every Airman — officer and enlisted."

"We live by our core values," Chief Murray said. "When members of our service stray from those values, they do themselves and all Airmen a disservice. When that happens, commanders have the tools they need to evaluate the situation and the individual's worthiness for continued service."

"If a commander deems their conduct does not warrant discharge, then they remain a valuable Airman to our Air Force, and we expect them to

continue to serve honorably," he said.

General Allardice said that it is the uniform, not the Good Conduct Medal, that represents what Airmen are all about.

"In today's Air Force, our Airmen understand that the uniform they wear represents good conduct," he said.

Airmen who have previously earned the Good Conduct Medal are still authorized to wear it.

"Having a medal for good conduct is almost to say we don't expect Airmen to do well..."

*--Brig. Gen.
Robert Allardice*

Good to Know

New traffic law

Effective Monday, base personnel are not allowed to use cell phones while driving on Department of Defense installations. Vehicle operators and operators of government-owned vehicles cannot use cell phones unless the vehicle is safely parked or unless they are using a hands-free device. Wearing portable headphones, earphones or other listening devices is not permitted. Noncompliance by any U.S. Forces personnel results in issuance of a DD Form 1408, Armed Forces Traffic Ticket.

MPF move

Renovations on building T-112 beginning March 6 will cause Customer Service to move to the Mission Support Squadron conference room, Pass and ID to move to building T-608 and access to Civilian Personnel to move to the T-112 south entrance. Call Customer Service at 535-1366 for details.

New shuttle service

A midday shuttle service runs from 11 a.m. to 1 p.m. Monday through Friday. Its seven stops occur in the following order: T-708 (Fuels/Flight Kitchen), T-612 (passenger terminal/Communications Squadron), T-166 (lodging), T-131 (dorm), T-415 (clinic/dining hall), T-570 (Civil Engineer Squadron), and T-815 (Security Forces Squadron). After the last stop, the bus continues in reverse order. The bus will make four trips. For details, call Vehicle Operations at 535-3151.

Phone service

To terminate off-base phone service at the Portugal Telecom Office located in the Portuguese Terminal building, individuals must provide 10-days notice prior to leaving the island. The PT Office is open Monday through Friday from 8:30 a.m. to noon and 1 to 5 p.m.

Straight Talk Line

The number to the Lajes Field Straight Talk Line is 535-3542 or 295-573-542. This line is updated during emergencies, force protection condition changes and more. For more information on the Straight Talk Line, call 535-2369.



Good to Know

SARC

Capt. Ted West is the Sexual Assault Response Coordinator. He is located in Bldg. T-126. The Sexual Assault Prevention and Response Program was created to address an Air Force issue of sexual assault and to foster a culture of prevention. The Sexual Assault Response Coordinator is the source of allowing personnel to report sexual assaults confidentially. To report a sexual assault or for information, call 535-SARC (7272).

FPCON Alpha

As a reminder, Lajes Field is in Force Protection Condition Alpha. FPCON Alpha means a general threat of possible terrorist activity exists. The nature and extent of the threat are unpredictable. Team Lajes can do its part by remaining vigilant at all times.

To report suspicious activity, call the law enforcement desk at 535-3222 or 295-573-222.

IDEA program

The IDEA Program is an incentive program to recognize submitters for approved ideas that benefit the government by streamlining processes or improving productivity and efficiency. It also recognizes individuals for intangible benefits such as improving morale or working conditions. Ideas can be submitted at <https://ipds.mont.disa.mil>. For more information, call 535-1144.

Toll free calls

To make a call to 1-800, 888, 866, 877 toll-free prefixes, Team Lajes can call DSN 809-4OFFDSN (809-463-3376). Callers do not have to dial the traditional 94 prefix for to access this DSN number. Callers can dial the toll-free number as soon as they hear the dial tone. Using this number instead of calling a base operator at a state-side location can help reduce the workload of base operators, reduce the call holding time incurred, and improve services to the DSN users.

Global

Comm's mission extends past gates of Lajes

By Capt. Michael Doersam
65th Communications Squadron

One work center in the 65th Communications Squadron is responsible for a mission that extends far beyond Lajes Field.

The center has sites located on Terceira that provide support to the President of the United States and U.S. Strategic Command at Offutt Air Force Base, Neb.

The work center with equipment located off base is the Systems Capable of Planned Expansion section, explained Senior Airman Andre Spivey, ground radio maintenance. It's also referred to as SCOPE Command Global HF, or Global for short.

The mission of the sites here is to support Mystic Star, said Airman 1st Class Julie Audell. Mystic Star uses high frequency radios for command and control operations for the President, Secretary of State and Joint Chiefs of Staff.

"This site provides 24-hour global communications to Air Force One and any airborne National Command Authorities," explained Senior Airman Daryl Thomas.

"There are 14 locations all over the world," said Eduardo Silva, who has been working in Global for five years and at Lajes for 26.

Tech. Sgt. Doug Threatt said working here gives him a hands-on job as part of a real-world mission. "None of my equipment has to do with Lajes," he said. The team provides support for Air Force One back to Andrews Air Force Base, Md., the site of the 24-hour central control station and broadcast support to USSRATCOM to keep in contact with their assets over the Atlantic and in the Middle East.

A \$3.3 million communication system, the Global system uses large antenna arrays. Lajes supports and maintains receiver and transmitter sites located at various places around the island.

At each site, antennas work around the clock, but there are buildings that aren't used anymore. Approximately 50 years ago, "the equipment required 24-hour maintenance and operations crews at both sites, with the crews actually living there for the shifts," said Airman Spivey.

Today, the ground radio maintenance crew here works normal duty hours from a remote monitoring site in Bldg. T-714 and is on call after duty hours.

When they aren't focusing on the Global mission, members of the unit provide public address service at base functions as an

additional duty, but their primary mission is to make sure the President of the United States can stay in constant communications with National Defense Forces.

"This site provides 24-hour global communications to Air Force One and any airborne National Command Authorities."

--Senior Airman Daryl Thomas

Congratulations to Tech. Sgt. Robert Ellen, 65th Communications Squadron, a distinguished graduate from the Kisling NCO Academy Class 2006-2.

Changes

Uniform board results released

WASHINGTON (AFPN) — The 97th Air Force Uniform Board released their newest results for proper wear of the uniform.

The board met in October and discussed everything from eliminating the Air Force Good Conduct Medal to maternity uniforms.

In addition, a Headquarters Air Force badge will be available this summer. The badge provides a distinct identification of military staff members assigned to the Air Staff and the Air Force Secretariat. Details about this badge will be available at a future date.

The following changes are effective immediately:

- Approval to wear the blue nametag with the Air Force informal uniform — the member's abbreviated rank and name will be on one line. This uniform is worn by recruiters, honor guard, enlisted aides, chaplains, chaplain assistants, world-class athletes, and fitness center and health and wellness center staffs.

- Cummerbund pleats will face up in all cases.

- If due to a temporary medical condition, such as chemotherapy, results in baldness, commanders will authorize the approved American Cancer Society cap, wigs or baldness while in uniform.

- Bracelet size is reduced to one-half inch. Bracelets that support a cause, philosophy, individual or group are not authorized. Traditional POW/MIA bracelets are still permitted. Gemstone and tennis bracelets are only authorized while wearing the mess dress.

- Rings will be worn at the base of the finger and will not be worn on the thumb. Wedding sets count as one ring.

- Eyeglasses will not be worn around the neck, on top or back of the head or hanging on uniform.

- New epoxy blue nametag is optional on the blue shirt.

- Wear of the firefighter duty badge is authorized while an individual is assigned a 3E7X1 duty Air Force specialty code, including periods of professional military education and staff tours above group level.

- Wear of the security forces duty badge and beret is authorized while an individual is assigned a 3PXXX duty AFSC position and is also their primary AFSC, including PME attendance and

staff tours above group level.

- The Air Force Good Conduct Medal will no longer be awarded. Previously earned medals are still permitted.

- Mandatory wear of the physical training uniform is set for Oct. 1 as per the instructions released last November.

- Cell phones, pagers and personal digital assistants must be solid or covered in black, silver, dark blue or gray, and must be conservative. They may be clipped to the left side of the waistband or purse or carried in left hand. Only one may be worn on the uniform belt. Members will not walk in uniform while using phones, radios or hands-free headsets unless required in performing official duties using a government-issued device.

- Permanent wear of the scuba badge is authorized on the battle dress uniform.

- While not deployed, desert combat uniforms may not be worn unless en route to the basic combat convoy course. "Deployed" for this purpose includes members traveling en route to/from rest and recuperative leave from the Central Command area of responsibility, as outlined in policy announced in mid-2005.

Revisions/changes specifically for females

This session of the Air Force Uniform Board included a special panel that was specifically chartered to make recommendations regarding updates/revisions to uniform standards affecting women Airmen. After careful review, the board approved several changes that affect women specifically:

- "Scrunchies" are prohibited.

- Hairpins and bands must match hair color.

- Hair color, frosting and highlights will not be faddish and will match natural hair colors, i.e. blonde, brunette, natural red, black or gray.

- No shaved head or flat top hairstyles for women.

- Synthetic hair can be worn, as long as it meets safety and mission requirements.

- Braids, micro-braids and cornrows are authorized.

- Nail polish will not contrast with complexion or detract from the uniform. Nor is polish of extreme color, such as purple, gold, black, blue or any flores-

cent color, authorized. Nail polish will also be limited to one color.

- French manicures are allowed, but fingernail length in all instances will not exceed one-quarter inch beyond the fingertip.

- In addition to clutch-style purses, purses with no more than two straps are authorized with mess dress.

- Earrings will be small spherical, conservative diamond, gold, white pearl or silver with any uniform combination and must be worn as a set. For those with multiple ear piercing, only one set of earrings will be worn in the lower earlobe and will also conform to these earring wear standards when performing duty in civilian clothes.

- Male flight cap is optional.

The updates will be added to Air Force Instruction 36-2903 when the new version is released in March.



First Lt. Adam Vaccarezza, 65th Services Squadron fitness manager, demonstrates the proper wear of the Air Force physical training gear during a stretch before running Thursday. Mandatory wear of the PT uniform is set for Oct. 1 as per the instructions released last November. (Photo by 1st Lt. Mike Hyland)



Products Expo

Capt. Angela Thompson, 65th Medical Operations Squadron, looks at some office supplies Raquel Silva has displayed during the Products Exposition Wednesday at the Top of the Rock Club. Senhora Silva works at a computer and office supply store in Angra. The 65th Contracting Squadron hosted a Business Information Meeting and the local Products Exposition for the U.S. Command at Lajes to explain the procedures and requirements of doing business with the base to the Azorean businesses and chambers of commerce. This is the sixth business meeting of its kind since it started in 1998. (Photo by Staff Sgt. Marcus McDonald)

To report an
emergency
on base, dial
911; for
off-base
emergencies,
dial 112.

65th SFS Police Blotter

Feb. 16

Location: T-416

Complainant reported to SDCC that his government cell phone was stolen by unknown person(s). She stated the cell phone was missing from T-416. Complainant stated that her co-worker received a call from the missing phone, however, when the co-worker answered the individual on the other end hung up.

Feb. 17

Location: C-915/SDDC

Individual reported to the SDCC that

while backing out of the parking lot of C-915, an individual hit another vehicle (vehicle two) with his own (vehicle one). The individual struck the driver's side corner of the tailgate of vehicle two with the passenger side rear turn signal of vehicle one. The tailgate of vehicle 2 was down at the time of the impact. Resulting damage included the tailgate coming off the drivers side hinge and one minor scratch to the side of the tailgate of vehicle 2. Vehicle ones passenger side turn signal was broken as a result of the accident. No injuries were sustained in the accident.

Lajes' best named at annual awards ceremony



CIV CAT I (LN)
Maria Lima
65th Medical Support
Squadron



CIV CAT I (US)
Kori Lance
729th Air Mobility
Squadron



CIV CAT II (LN)
Jose Meneses
65th Civil Engineer
Squadron

Photo
unavailable



Lajes Field Airman
Senior Airman
Danielle Shest
65th Mission Support
Squadron



65th ABW NCO
Tech. Sgt.
Yvonne Fischer
65th Mission Support
Squadron



Lajes Field NCO
Master Sgt.
Sharon Washington
729th Air Mobility
Squadron



**65th ABW/Lajes
Field SNCO**
Senior Master Sgt.
Henry Parker III
65th Services Squadron



**65th ABW/Lajes
Field CGO**
Capt. Angela Thompson
65th Medical Support
Squadron



First Sergeant
Master Sgt.
Doug Koonst
65th Operations
Support Squadron



Honor Guard Airman
Airman Norman Norton
65th Civil Engineer
Squadron



Honor Guard NCO
Tech. Sgt.
Gregory Jones
65th Medical
Operations Squadron



Maj. Gen. Antonio Carlos Mimoso E Carvalho, Headquarters Azores Air Zone Command commander, accepts a presentation from Col. Robert Winston, 65th Air Base Wing commander during the annual awards banquet Feb. 18. General Mimoso was the guest speaker.

Stork nesting — A father's perspective

Fathers travel to Germany for new addition

**By Staff Sgt.
Christin Michaud**
65th ABW Public Affairs

Editors note: This is a two-part series on the stork nest program available for expectant mothers. This week focuses on the father's perspective, and in two weeks, the Crossroads will publish an article on the program from a mothers point of view.

Expectant mothers who choose not to deliver their babies in Angra have the option of stork nesting to Spangdahlem Air Base, Germany, to deliver their babies at the Bitburg Annex hospital.

One of the advantages of stork nesting is the availability of an epidural as pain relief during delivery, an option that is not always offered locally. Disadvantages include being separated from the spouse and other children as well as some out-of-pocket expenses for the soon-to-be fathers who wish to join them.

Fathers who choose to travel to Germany for the delivery of their children are required to do so at their own expense and are charged leave for the time they are there.

Staff Sgt. Eric Bell and his wife Katy chose to stork nest because of their preference to deliver in an Air Force facility. One of the things most important to them was that the Air Force doesn't allow smoking in their hospitals or medical facilities.

Sergeant Bell traveled to Germany two weeks after his wife to see the birth of their son, Eric Patrick II, who arrived Dec. 4.

The airline ticket to Germany cost him approxi-

mately \$500 with expenses for the trip totaling \$1,500 for the two weeks. His subsequent advice for other fathers is to bring lots of euros with them for the trip.

"I believe that the stork nest program is a great service offered to Air Force personnel and their families," Sergeant Bell said. "The program is well organized."

Tech. Sgt. Frank and Staff Sgt. Katherine Burcar, 65th Logistics Readiness Squadron, also chose to stork nest. The reasons the couple decided to have their baby in Germany was because locally, fathers aren't allowed in the room during delivery, and his wife preferred pain medication as an option.

Sergeant Burcar also paid \$500 for his air fare to Germany. "I coordinated with a travel agent off base," he said. "The rotator could be used to get to Germany but in the end I think it was easier to fly commercial. Since the stork nesting program just moved to Germany, the flights through

the military were not established or known."

In addition to the monetary cost involved with seeing their children delivered, both fathers were charged leave for their trip.

In the past, some fathers were eligible for permissive TDY for the trip under their commander's discretion, but under the new regulation, permissive TDY is only authorized for someone in need of an escort. Child birth doesn't fall under this category.

The biggest challenge for Sergeant Burcar was making sure he arrive in time for the birth, he said, but he made it for the birth of his son Anthony Paul Burcar who arrived Dec. 11.

Another challenge the Burcars faced is that on Germany's end, the program is set up with the idea that the fathers are on PTDY.

Expecting moms from Lajes have only been stork nesting to Spangdahlem for about a year now, said Staff Sgt. Tiesha Glover, a women's health technician with the 65th Medical Group.

"I think it's a good program but there are a lot of problems that need to be addressed," expressed Sergeant Burcar. When permissive TDY is authorized, it really helps.

"Without permissive TDY I was unable to get a vehicle from transportation to get the passport for the baby," he said. "I needed to be on orders to sign out the car -- one of the transportation people had to take their time to drive us to Frankfurt." Additionally, without the PTDY, the couple was not



Staff Sgt. Eric Bell holds his son Eric Patrick Bell II Christmas morning. Sergeant Bell and his wife chose to stork nest in Germany for the birth of their son. Eric was born Dec. 4. (Courtesy photo)



Tech. Sgt. Frank and Staff Sgt. Katherine Burcar pose with their son Anthony. Frank traveled to Germany to attend the birth of his son. (Courtesy photo)

scheduled to fly home together. "How could a new mother with a newborn be expected to lug all her luggage that she brought for herself and the baby for two months along with the baby with no help through the airport? Also I believe with permissive TDY orders, the passport could be eliminated," Sergeant Burcar said. "My wife didn't have a passport and all she needed was a copy of her orders -- that could have saved us \$85."

Overall, the couple was happy with the stork nest program and care they received.

"Go to Germany," Sergeant Burcar recommends to other fathers. "The medical care was some of the best I have seen. This was my third child and I was very impressed. Everyone was helpful and the location change was nice. (The) temporary lodging facility location was right behind the BX, and the hospital was a block away. It was a great experience."

Safety NCO shares thoughts on walking

By Tech. Sgt. Bill Rathbun
65th ABW Safety Office

Moving to the Azores has been an experience. One of the things I really like to do is to people watch. Families, friends, strangers and older couples stroll through the streets. They hold hands, pull on dog leashes, and talk animatedly. Some are dressed in shorts and a T-shirt, others in dresses and suits. Some are walking their Terriers, others are being dragged by their Huskies. You can see them walking in early morning, the afternoon, and midnight. Someone is always walking and crossing streets.

We take for granted that we can cross a street without incident, because most of the time we do. But sometimes we aren't so fortunate. Each year more than 6,000 pedestrians die and 90,000 are injured in traffic accidents. Young children and the elderly are thought to be more likely killed or injured in a pedestrian crash. However, over half of pedestrian fatalities are working adults. While it is easy to blame drivers, they are not always responsible for these accidents. All too often, pedestrians are the cause of accidents.

Always follow these steps when crossing a street:

- Before crossing, stop at the curb, edge of the road, or corner before proceeding
 - Look left-right-left, and if it's clear, begin crossing, looking over your shoulder for turning vehicles.
 - Always cross at designated cross walks. All too often pedestrians take the short cut before walking the extra distance to a designated cross walk.
 - Always make eye contact with drivers to ensure they see you.
 - Continue to check for traffic while crossing.
- Remember that crossing safely is your responsibility!

February is National Children's Dental Health Month



Children's Dental Health Tips

- Once a child is preschool-age, start using fluoride toothpaste.
- Only a pea-sized amount of toothpaste is necessary.
- Children who eat a lot of sugary foods like raisins, cookies and candy or drink a lot of sweet liquids like fruit juice, soda and sweetened drinks are more susceptible to cavities.
- Teeth-friendly snacks include fresh fruits and vegetables, and cheese and crackers.
- Too much snacking between meals can cause cavities.
- Parents should never put a baby to bed with a bottle unless it contains only water.
- A child's first visit to the dentist should be around their first birthday.

This is the way we brush are teeth ...

Evan Fletcher, Katrina Kieser and Sean Johnson brush their teeth Wednesday at the child development center. As part of the curriculum, children 18 months and older are taught to brush their teeth after meals. The CDC providers are including dental hygiene in their lesson plans this month as part of National Children's Dental Health Month. (Photo by Staff Sgt. Christin Michaud)



Sports & Fitness Briefs

Rumble on the Rock

The 65th Services Squadron will host the first Rumble on the Rock at Lajes Field, March 11.



The boxing event will be comprised of eight to 10 fights. It will be an evening of entertainment for all to enjoy, but if anyone would like to do more than watch, there are plenty of volunteer opportunities in which to be involved. The competition is open to anyone and is directed toward people with no boxing experience. For more information, call Capt. Chris Lance at 535-1151 or e-mail robert.lance@lajes.af.mil.

Sports calendar

March Events

March 1 - Billiards begins

March 10 - Project Cheer volleyball tournament

March 15 - St. Patrick's Day 5K Fun Run

April Events

April 5 - Easter 5K Fun Run

April 11 - Softball coaches meeting

April 14 - Project Cheer flag football tournament

April 26 - Golf coaches meeting

April 28 - Soccer coaches meeting

Group Fitness Class

The following Group Fitness Classes are scheduled at the main fitness center:

Monday

8:30 a.m. -- Step with Celia

Noon -- Spin with Tina

4:15 p.m. -- Cardio Mix with Manuela

5:15 p.m. -- Aero Kombat with Celia

6:15 p.m. -- Spin with Celia

Tuesday

6 a.m. -- Spin with Dawn

8:30 a.m. -- Circuit Training with Celia

5:15 p.m. -- Circuit Training with Rui

6:15 p.m. -- Spin with Rui

Wednesday

8:30 a.m. -- Step with Celia

Noon -- Spin with Tina

4:15 p.m. -- Cardio Mix with Manuela

5:15 p.m. -- Step with Manuela

6:15 p.m. -- Spin with Georgina

Thursday

6 a.m. -- Spin with Dawn

8:30 a.m. -- Circuit Training with Celia

5:15 p.m. -- Body Sculpting with

Manuela

6:15 p.m. -- Spin with Manuela

Friday

8:30 a.m. -- Spin with Celia

Noon -- Spin with Tina

4:15 p.m. -- Cardio Mix with Manuela

5:15 p.m. -- Step with Celia

6:15 p.m. -- Spin with Celia

Saturday

10 a.m. -- Spin with Celia

11 a.m. -- Circuit Training/Stretching with Rui

Wrapping up

Lajes youth play a game of basketball in the youth center gym. There are 95 basketball players from age 5-12 and 25 cheerleaders age 4-9 participating in the basketball league. Their last game is March 4. The youth practice once a week and have games on Wednesday nights and Saturdays. (Photo by Laura Niswonger)





PLANNER



Hours of operation

Ocean Front BX (Bldg. T-207) Phone: 535-3444

Monday-Wednesday 10 a.m. to 6 p.m.; Thursday-Saturday 10 a.m. to 8 p.m.; and Sunday 10 a.m. to 8 p.m.

Flight View BX (Bldg. T-627) Phone: 535-5236

Monday-Wednesday 10 a.m. to 6 p.m.; Thursday-Saturday 10 a.m. to 8 p.m., Sunday 10 a.m. to 5 p.m.

Main Street Shopette (Bldg. T-323) Phone: 535-3280

Monday-Friday 7:30 a.m. to 11 p.m.; Saturday 9 a.m. to 11 p.m. and Sunday 10 a.m. to 8 p.m.

Military Clothing Sales Store (Bldg. T-627) Phone: 535-3816

Sunday-Monday closed
Tuesday - Saturday 10 a.m. to 6 p.m.

Car Care Center (Bldg. T-320) Phone: 535-5125

Sunday 10 a.m. to 5 p.m.
Monday-Saturday 10 a.m. to 6 p.m.

Reel Time Theater (Bldg. T-300) Phone: 535-4100

Showings Wednesday-Sunday

Beauty Shop (Bldg. T-400) (Walk-In Available) Phone: 535-4124

Sunday-Monday closed
Tuesday-Saturday 10 a.m. to 6 p.m.

Barber Shop (Bldg. T-400) Phone: 535-3396

Sunday and Monday closed; Tuesday-Friday 10 a.m. to 6 p.m.; Saturday 9 a.m. to 5 p.m.

New Car Sales (Bldg. T-202) Phone: 535-3173

Monday-Wednesday 10 a.m. to 6 p.m.; Thursday-Friday noon to 8 p.m.

Air Terminal Gift Shop (Bldg. T-612) Phone: 535-3227

Open for all arrivals and departures

AAFES Administrative Offices (Bldg. T-800) Phone: 535-3209

Monday-Friday 8 a.m. to 5 p.m.

Ilha Rent-a-Car (Bldg. T-207) Phone: 535-1278

Sunday closed; Monday-Saturday 9 a.m. to 6 p.m.

Frank's Franks (Bldg. T-207) Phone: 535-1123

Monday-Sunday 11 a.m. to 6 p.m.

Vescovi Coffee Shop (Bldg. T-207) Phone: 535-1123

Monday-Sunday 7 a.m. to 6 p.m.

Burger King (Bldg. T-169) Phone: 535-3849

Monday-Thursday 7 a.m. to 9 p.m.; Friday-Saturday 7 a.m. to 11 p.m.; and Sunday 8 a.m. to 9 p.m.

AAFES Ocean View BX and Flight View BX are open on Portuguese Holidays from 10 a.m. to 5 p.m., except the Main Street Shopette, which is open 10 a.m. to 8 p.m. All facilities are open normal hours on U.S. Holidays.

Tradewinds Dining Facility Menu

Today

Lunch: Seafood Newburg, Beef and Corn Pie and Roast Turkey*

Dinner: Pineapple Chicken, Yankee Pot Roast and Simmered Corn Beef*

Saturday

Brunch: Swedish Meatballs, Savory Baked Chicken* and Creole Fish*

Dinner: Hungarian Goulash, BBQ Chicken and Baked Fish*

Sunday

Brunch: Oven Fried Fish, Cantonese Spareribs and Grilled Mustard Chicken Breast*

Dinner: Turkey Nuggets, Steak and Stir Fry Beef and Broccoli*

Monday

Lunch: Pot Roast, Baked Stuffed Fish* and Roast Loin of Pork*

Dinner: Beef Canelloni, Southern Fried Chicken and Chili Mac*

Tuesday

Lunch: Veal Parmesan, Tuna and Noodle casserole and Teriyaki Chicken*

Dinner: Meatloaf, Turkey A La King and Country Captain Chicken*

Wednesday

Lunch: Turkey and Noodles, Beef Ball Stroganoff and BBQ Ham Steak*

Dinner: BBQ Spareribs, Stuffed Pork Chops and Lemon- Herb Chicken*

Thursday

Lunch: Oriental meal -- Beef Sukiyaki, Szechwan chicken,* Sweet and Sour pork, Steamed Rice, Pork Fried rice, Fried Cabbage, Glazed Carrots and Vegetable stir fry

Dinner: Jaeger schnitzel with Mushroom Sauce, Glazed Cornish Hens and Roast Loin of Pork*

*Denotes Healthy Heart item
Menu subject to change

At the Movies



Today: 7 p.m. The Ringer, starring Johnny Knoxville, Brian Cox

When Steve Barker finds himself running dead last in the corporate rat race, he sinks to an all time low—he attempts to rig the Special Olympics by pretending to be intellectually challenged. But, Barker is completely out-classed by his fellow Olympians, who are not only better athletes; they're just plain better people. Rated PG-13 (crude & sexual humor, language, drug references) 94 min

Today 10 p.m. Munich, Starring Eric Bana, Daniel Craig

Set in the aftermath of the massacre of 11 Israeli athletes at the 1972 Munich Olympics, story follows a secret Israeli squad assigned to track down and kill the 11 Palestinians suspected to have planned the Munich attack—and the personal toll this mission of revenge takes on the team and the man who led it. Rated R (strong graphic violence, sexual content, nudity, language) 164 min



Saturday: 7 p.m. Fun With Dick and Jane, starring Jim Carrey, Tea Leoni

A wealthy couple loses their main source of income, causing both to turn to a life of crime—as they organize various heists on their rich friends' accounts. Rated PG-13 (language, sexual humor, drug references) 85 min

Sunday: 2 p.m. - Fun With Dick and Jane; 7 p.m. - The Ringer
Wednesday: Munich- 7 p.m. Thursday - 7 p.m. Fun With Dick and Jane

Next week: Hoodwinked, Grandma's Boy and Casanova
Movies subject to change.
For updated listings, call 535-3302. For more information on ratings, visit www.aafes.com.



EVENTS

Submission deadline is Thursday one week prior to publication. E-mail announcements in normal text with event, location, date, time, point of contact's full name and phone number/e-mail address to news@lajes.af.mil. For on-base numbers, dial 295-57 and the last four digits.

Miscellaneous

Foreign Service Officer Registration: The Foreign Service Written Examination is scheduled for April 8. The deadline to register is Wednesday. This is the only test for 2006. There are five Foreign Service Career Tracks: Consular, Economic, Management, Political and Public Diplomacy. More information is available at www.careers.state.gov.

Recollections of WWII Veteran: Army Veteran Peter Doering will speak 7 p.m. Monday at the base theater about his experience working under Adolph Hitler before he moved to the United States and joined the Army. For more information, call 535-3688.

Healthcare Consumer Advisory Council: The 65th Medical Group will be hosting the next Healthcare Consumer Advisory Council, 1 to 2 p.m. Thursday at the chapel support center. All active-duty members, their dependents, and any member qualified to receive healthcare at the Lajes clinic are invited to attend. For more information, call Capt. Philip Wang at 535-3017.

Combat Education

Education Office relocated: The Education Office has moved to building T-146.

Needs assessment: The Lajes Education Center will conduct a Needs Assessment Monday to March 10 for members of the Lajes community. The Needs Assessment is an important tool used to determine whether additional college degree program offerings are required at Lajes, or if some of the college programs currently offered at Lajes are no longer needed.

The link to the Needs Assessment is located on the first page of Air Force Virtual Education Center web site in the Air Force Portal at: <https://rso.my.af.mil/afvec> or through the Air Force Portal at <https://www.my.af.mil> under "Featured Links."

Hard copies of the Needs Assessment will be available

Monday at the customer service desks at the Lajes Base Library, Family Support Center, and the Advancement and Career Education Center for individuals without access to the Air Force Portal. For more information, call Mike Schendel at 535-3355.

Central Texas College: Central Texas College is offering onsite Criminal Justice classes *Court Systems and Practices* and *Crime in America* in term 4. Registration begins March 6 for current students and March 13 - 24 for new students. Classes begin March 27 and run through May 19.

Registration is also being offered for distance learning classes beginning March 27. Registrations must be completed by March 6 for all distance learning classes.

For more information, contact your local program manager at 535-6722.

Oklahoma University classes: The Masters of Human Relations degree program with University of Oklahoma is a 36 credit hour, non-thesis degree that can be completed within 16-24 months.

Come visit OU in their new location, building T-146, room 214. For details, call 535-3171.

Jobs/Volunteer

Central Texas College: CTC has an opening for a Field Representative. The candidate must have an Associate's Degree or one year of college with five years of experience. The candidate must also have at least two years of general office administration experience. Applications and more information are available at the Lajes CTC office in building T-147. Call 535-6722 for details.

Services vacancies: The 65th Services Squadron vacancy listing is available at the Human Resources Office in building T-112 between 9 a.m. and 4 p.m. Monday through Friday. For details, call 295-575-200 or 535-5200.

There is an immediate opening for a motivated and enthusiastic individual to run

Customer College and administer the Services Squadron Training Program. Closing date is Tuesday.

Assistant center director: Embry-Riddle is currently seeking a temporary part-time assistant center director for Lajes Field Teaching Site. Application deadline is Thursday. To request an application or for further information, please contact Terra Schellig at 295-57-3375, or 535-3375.

Auto mechanic wanted: The Auto Hobby Shop is looking for an experienced auto mechanic to teach classes. For more information, call Victor Silva at 535-4140.

First Aid volunteers: The American Red Cross is looking for volunteers to teach First Aid to children at Lajes Elementary School. Anyone interested can contact the American Red Cross office at 295-573-516.

Combat Touch

Little Flowers Girls' Club: The club meets 3 p.m. Monday at the chapel. For more information on chapel events, call 535-4211.

DoDDS

Parent Forums: Lajes Elementary School Principal, Mr. John Allan, and Lajes High School Principal, Ms. Ginny Briggs have a forum once a month to meet with parents to talk about what the schools can do to better support the students here at Lajes. All parents with children enrolled in either school are invited to attend either upcoming forum. They are 11:30 a.m. to 12:30 p.m. March 29 and April 27.

Certified Teachers: DoDDS is looking for certified teachers. Interested individuals can stop by the Elementary School Office or call 535-3491.

Services

Oceanview Island Grill: The Oceanview Island Grill will be closed Monday for maintenance. New menu

items have been added. They are spaghetti ice, cinnamon rolls, calzones and bacon bread.

Project CHEER

Karaoke, 8 p.m. Thursday at the TORC; **SUM Movie Night:** March 6 at the Community Activities Center, 7 p.m. **The Rumble on the Rock** is scheduled for March 11 with a venue to be determined.

Lajes Idol Quatro/USAFE Idol 2006 is scheduled for March 18 at the TORC ballroom. Additional seating will be provided in the enlisted lounge with event footage broadcasted by a projector. For more information, call Capt. Ted West at 535-7272 or theodore.west@lajes.af.mil.

Classifieds

E-mail ads to news@lajes.af.mil. Ads are due by 5 p.m. Friday. Please remember to notify the Crossroads when items have been sold.

For sale: Power Wheels 4 wheeler, used only a few times, comes with charger. \$90 or best offer. Call 295-549-682

Free to good home. An island puppy four months old. We fostered him back to health after being found on the side of the road. He is current on all shots except rabies which he is due for on March 1. He is very sweet and lovable and crate trained. Please call 295-902-012 after 6 p.m. and ask for Christie.

Commuter: Looking for carpool from Biscuitos or Quatro Ribeiras to base (7:30 a.m.) and base to Biscuitos (5 p.m.) Monday-Friday. We can work out times and days if interested. Call Jeff at 967847479

For sale: 2005 Mini Cooper S, 3,800 miles, 163 hp Supercharged 4-cyl, 6-speed manual transmission, \$25,000 or best offer. Call 295-549-235 or E-mail as2807444@sapo.pt

For sale: 2 cupboards, 6' tall, 14X14, \$40 each; Small dog kennel, \$15. Call 295-549-235, as2807444@sapo.pt

For sale: Presto Hot Air Popcorn Maker, never opened, comes with two pounds of popping corn, \$15; Surefit Sofa Cover, neutral color, never used, \$75; Graco Travel System, comes with car seat, stroller, and base, \$80; Fisher Price 3-Stage Plano, ages 0 - 12 months, \$10; Graco Portable Swing, up to 22 lbs., \$35; Fisher Price Intellitainer, teaches numbers, letters and music, ages 5 months and up, \$50; -Bottle Sterilizer, for wide and regular bottles, used once, \$35; EvenFlo Breast Pump, battery or electric powered, \$25; Call Josh or Nora at 295-549-601

For Sale: Entertainment Center, almost brand new and in box, \$70; Wooden bookshelf, \$30. If interested please call 295-549-794.

Wanted: Looking for a nice rocking chair to buy. If you would like to sell one or know where to get one, please call 295-549-650 after 5 p.m.